



11. Deisterberglauf

Barsinghausen / 28.09.2014

Detailed evaluation

Raddatz, Alexandra

Club: Hannover 96
Number: 745

Course: 20.80 km
Halbmarathon

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:31:31

Speed: 13.11 km/h
Running performance: 4:24 min/km

Rank in course/Total: 16 (of 93)
Rank in course/Women: 1 (of 12)
Best time in course: 1:31:31

Rank in category: 1(of 1)
Best time in the category: 1:31:31

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	3.30	14:28	4:23	1	-	1	-	3.30	14:28	4:23	1	-	1	-
Lap 2	1.70	8:24	4:56	1	-	1	-	5.00	22:52	4:34	1	-	1	-
Lap 3	2.10	7:59	3:48	1	-	1	-	7.10	30:51	4:20	1	-	1	-
Lap 4	4.95	24:40	4:58	1	-	2	0:31	12.05	55:31	4:36	1	-	1	-
Lap 5	3.65	16:04	4:24	1	-	1	-	15.70	1:11:35	4:33	1	-	1	-
Lap 6	1.40	5:49	4:09	1	-	2	0:06	17.10	1:17:24	4:31	1	-	1	-
Last lap Finish	3.70	14:07	3:48	1	-	2	0:16	20.80	1:31:31	4:23	1	-	1	-